



INVITATION TO START YOUR TANTRIC JOURNEY JOURNAL

Your Tantric Journey Journal is where you will process your experiences and discoveries, and note your thoughts, feelings, sensations, realisations.

You will chart your progress and create time to reflect. If you are a creative, you are welcome to include images, music, metaphor, poetry and any other medium of expression and communication. It's best you record your experiences briefly, spontaneously and frequently.

So.... You are welcome to journal via your laptop, or to buy a lovely notebook. Either way, please treat your journal with care and respect, as it is the repository of your inner journey. I recommend that for each entry you include you include:

1. The date
2. What you read / watched / listened to or did.
3. What happened.
4. How you felt - both emotionally, and in terms of your bodily sensations.
5. Can you identify a 'learning edge' - a theme, thought or practice that might be difficult or exciting, that perhaps holds some charge (either the impulse to avoid, or conversely an attraction, or both) for you? Perhaps this is an aspect that you would like to explore, uncover and transform further?
6. What that meant for you.
7. What you learned, discovered or realised.

Name